Sanitary and Safety Practices

**COMPLETION:** In the space(s) provided, write the word(s) that correctly complete(s) each statement.

1. In personal care services, the three levels of decontamination are ____(sanitation)____, ____(disinfection)____, and ____(sterilization)____.

2. The removal of all living organisms on an object or surface, including bacterial spores, is called ____(sterilization)____.

3. Any item that comes in contact with the client must be clean and ____(sanitary)____.

4. A massage practitioner’s hands can be sanitized by ____(washing with soap and water)____.

5. Minute, unicellular microorganisms exhibiting both plant and animal characteristics are called ____(bacteria)____.

6. Beneficial and harmless bacteria that perform useful functions are termed ____(nonpathogenic)____.

7. Bacteria that cause or produce disease are termed ____(pathogenic)____.

8. Three general forms of pathogenic bacteria are ____(coci)____, ____(bacilli)____, and ____(spirilla)____.

9. The body’s natural ability to resist infection is ____(immunity)____.
10. The body's most important defense against invasion of harmful bacteria is the ____________.

11. Proteins that are produced in the body in response to contact with an invading bacteria are ____________.

12. Submicroscopic pathogenic agents that invade living cells and are capable of transmitting disease are called ____________.

13. The primary precaution in infection control is thorough ____________.

14. An acceptable way to sanitize linens is to wash them in hot, soapy water and add one-half to one cup of ____________.

15. Floors, sinks, and restrooms can be cleaned and sanitized with a solution of ____________.

16. A common disinfectant used to clean surfaces and implements is a ____________ percent chlorine bleach solution.

17. If there is suspicion of bacterial contamination, the hands can be rinsed with ____________.

**SHORT ANSWER:** In the spaces provided, write short answers to the following questions.

1. If a client has an infection or contagious disease, what are two things that the massage practitioner should do?
   a. ____________
   b. ____________

2. When should the massage practitioner wash her hands?
   ____________

3. List three acceptable means of sanitizing implements.
   a. ____________
   b. ____________
   c. ____________
4. List two agents that can be used to disinfect implements.

  a. (ethyl or grain alcohol)
  b. (10 percent chlorine bleach solution)

5. The primary precaution for infection control in the massage practice is

  (thorough hand washing)

MATCHING: Match the procedure for disinfecting or sterilizing with the given situation. Write the letter or letters of the appropriate procedure in the space provided.

- A. boiling in water
- B. chlorine bleach
- C. cresol or Lysol
- D. immersing in quats
- E. rinsing with alcohol solution
- F. soap and hot water
- G. wiping with alcohol

1. massage table surface with normal use
   \[F\]

2. massage table face cradle
   \[F, G\]

3. practitioner's hands before a massage
   \[F\]

4. practitioner's hands after a massage
   \[F\]

5. practitioner's hands after working on client with possible contagious skin condition
   \[E, F\]

6. bathroom sink
   \[C\]

7. bathroom floor
   \[C\]

8. shower stall
   \[C\]

9. linens after normal use
   \[F\]

10. linens after use on clients with possible contagious conditions
    \[B, F\]

11. brushes and combs kept for client use
    \[D, F\]

12. towels used for wraps and hydrotherapy
    \[B, F\]

MULTIPLE CHOICE: Carefully read each statement. Choose the word or phrase that correctly completes the meaning and write the corresponding letter in the blank provided.

1. Every state protects the public health through
   a) commissions
   b) laws
   c) sanitation
   d) inspections
   \[(b)\]
2. Disease-producing bacteria are termed
   a) nonpathogenic  
   b) pathogenic 
   c) viruses  
   d) antibodies  

3. The mode of decontamination that destroys microorganisms, including bacterial spores, is
   a) antiseptics  
   b) sanitation 
   c) disinfecting 
   d) sterilization 

4. The practitioner's hands should be washed before client contact using
   a) disinfectant  
   b) antibacterial soap 
   c) alcohol 
   d) detergent 

5. One of the body's most important defenses against the invasion of harmful bacteria is
   a) healthy skin  
   b) good teeth 
   c) clean hands 
   d) drinking liquids 

6. A sign that the body is working to destroy harmful microorganisms is
   a) infection  
   b) fluid retention 
   c) immunity 
   d) inflammation 

7. Which level of decontamination is achieved by immersing implements in a 10 percent bleach solution for 10 minutes?
   a) no decontamination will take place  
   b) sanitizing 
   c) disinfecting 
   d) sterilizing 

8. To disinfect linens, add to wash water one cup of
   a) chlorine bleach  
   b) ammonia 
   c) detergent 
   d) Lysol 

9. Hands can be sanitized with
   a) quats 
   b) soap and water 
   c) disinfectant 
   d) bleach 

10. Sheets and towels with a rancid odor should be
    a) discarded  
    b) bleached 
    c) softened 
    d) washed 

11. Using proper lifting techniques when moving equipment or clients is an example of
    a) first aid  
    b) product liability 
    c) equipment safety 
    d) personal safety
12. When going on an outcall, you should always
   a) bring extra towels
   b) tell someone your destination
   c) wear warm clothes
   d) drive yourself

13. Which level of cleanliness is recommended for the hands before giving a massage?
   a) disinfecting
   b) sanitizing
   c) sterilizing
   d) none of the above

14. One of the primary ways to prevent the spread of disease is
   a) use a good air-filtering system
   b) use disposable cups
   c) regularly wash hands with soap and water
   d) rinse your hands with alcohol

15. Pathogens enter the body in varied ways that can be called paths of
   a) arrival
   b) manifestation
   c) reproduction
   d) transmission

16. If you suspect that your linens have been contaminated by a client with an infectious condition, you should
   a) launder them in hot water and detergent
   b) add one cup bleach to the wash
   c) dry them in a hot dryer
   d) all of the above

17. The practitioner's hands should be washed after working on an HIV-infected person with
   a) a germicidal soap
   b) chlorine bleach
   c) a sterilizing agent
   d) all of the above

18. A class of proteins that serve to protect the body against invading bacteria are called
   a) antigens
   b) antibodies
   c) pathogens
   d) lymphocytes

19. The proper concentration of chlorine bleach for disinfecting implements and surfaces is
   a) full strength
   b) one part bleach to two parts water
   c) one part bleach to five parts water
   d) one part bleach to nine parts water
20. When removing a cream or a salve from an open container to use on a client, the practitioner should

a) first wash their hands  

b) discard the remaining product or give it to the client  

c) use a spatula or other implement  

d) immediately replace the cover to prevent contamination

**WORD REVIEW:** The student is encouraged to write down the meaning of each of the following words. The list can be used as a study guide for this unit.

- **antibodies**

  *(Antibodies are a class of proteins produced in the body in response to contact with antigens that immunize the body.)*

- **antigen**

  *(An antigen is a foreign substance or toxin that can trigger an immune response.)*

- **bacteria**

  *(Bacteria are minute, unicellular organisms exhibiting both plant and animal characteristics and are classified as either harmless or harmful.)*

- **body mechanics**

  *(Body mechanics is the observation of body posture in relation to safe and efficient movement in daily living activities.)*

- **congenital**

  *(A congenital condition is a condition or disease that is present from the time of birth.)*

- **contagious**

  *(Contagious means able to infect by direct or indirect means.)*

- **contaminate**

  *(To contaminate means to infect or make unclean.)*
(Disinfection is the level of decontamination that is nearly as effective as sterilization, but it does not kill bacterial spores.)

fomite

(A fomite is an object or material that is likely to carry infection, such as clothing, dirty linens, or used hypodermic needles.)

fungi

(A fungus (pl. fungi) is one of a diverse group of organisms potentially capable of causing disease that thrive or grow in wet or damp areas.)

immunity

(Immunity refers to all of the physiologic mechanisms used by the body as protection against foreign substances.)

infection

(Infection is the result of a pathogen’s making contact with and finding entry into an organism.)

infectious agent

(An infectious agent is a pathogen or disease-causing substance.)

path of transmission

(The path of transmission is the way that a pathogen finds entry into a new host.)

pathogen

(A pathogen is a microscopic living organism.)
Sanitation

(Sanitation is the third level of decontamination practiced in the massage studio and is done with soaps or detergents and water.)

Sodium hypochlorite

(Sodium hypochlorite is common household bleach.)

Sterilization

(Sterilization is the most complete cleansing process that destroys all living organisms, including bacterial spores.)

Universal precaution

(Universal precautions is a system of infection control that protects persons from exposure to blood and bloody bodily fluids.)

Virus

(A virus is any class of submicroscopic pathogenic agents that transmit disease.)